



# Advanced



## WORKOUT SCHEDULE

Please complete 8 weeks of JNL Fusion Basic before moving on to JNL Fusion Advanced.

Week	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Shoulder Shredder	Lower Body Blast + Kiss My Abs Ab Shredder	Total Body Transformer	Bicep Builder	Lean Legs	Crazy Circuit Cardio + Kiss My Abs Complete Core	Rest
2	Speed & Agility + Kiss My Abs Ab Shredder	Lean Legs	Total Upper Body	TKO Fat Blast + Kiss My Abs Complete Core	Ballistic Backside	Shoulder Shredder	Rest
3	Lower Body Blast	Bicep Builder + Kiss My Abs Complete Core	Crazy Circuit Cardio	Lean Legs	Speed & Agility + Kiss My Abs Ab Shredder	Shoulder Shredder	Rest
4	Total Body Transformer	Total Upper Body + Kiss My Abs Complete Core	Ballistic Backside	Speed & Agility + Kiss My Abs Express	Bicep Builder	Lower Body Blast + Kiss My Abs Ab Shredder	Rest